

HOW'S YOUR Sleep?



What are Sleep Disorders?

Sleep Disorders are more common than you may think. Sleep Disorders can upset your sleep quality, making you tired and unable to function at a high level. Some of the most common sleep disorders are:

- **INSOMNIA** – having trouble falling asleep or staying asleep.
- **OBSTRUCTIVE SLEEP APNEA** – snoring and holding breath for short periods of time.
- **RESTLESS LEGS SYNDROME** – tingling or prickling sensations in the legs that make it difficult to fall asleep and stay asleep.
- **NARCOLEPSY** – extreme and overwhelming daytime sleepiness, even after enough night time sleep.

10 Tips for Healthy Sleep:

- 1) Make sleep a priority by keeping a regular sleep (bedtime) and wake schedule, even on weekends.
- 2) Create a relaxing bedtime routine. Try leisure reading, listening to soothing music or soaking in a hot bath.
- 3) Create a room that is dark, quiet, comfortable and cool. Make your bedroom into a haven of comfort.
- 4) Evaluate your mattress and pillow to ensure proper comfort and support. If your mattress is five to seven years old, it may be time for a new one.
- 5) Keep work materials, electronic devices and televisions out of the bedroom; it should be used for sleep and sex only.
- 6) Exercise regularly, but finish workouts at least two hours before bedtime.
- 7) If you sleep with a partner, your mattress should allow each of you enough space to move easily.
- 8) Avoid nicotine (e.g., cigarettes, tobacco products). If used close to bedtime, it can lead to poor sleep.
- 9) Avoid caffeine and alcohol (e.g., coffee, tea, and soft drinks, chocolate) close to bedtime.
- 10) Finish eating at least two to three hours before bedtime.

Common Signs of a Sleep Disorder:

How can you tell when you're more than just tired? Pay attention to these warning signs, as they could mean you're struggling with a sleep disorder.

- It takes you more than 30 minutes to fall asleep at night.
- You awaken often and then have trouble falling back to sleep again.
- You seldom feel rested despite spending 7-8 or more hours in bed at night.
- You feel sleepy during the day and fall asleep within 5 minutes if you have a chance to nap.
- Your bed partner claims you snore, snort, gasp or make choking sounds when you sleep.
- You feel as though you can't move when you first wake up.
- Your bed partner notices your arms or legs jerk often during sleep.
- You have sudden muscle weakness when you're angry, fearful or when you laugh.
- You have creeping, tingling or crawling feelings in your legs that are relieved by moving or massaging them, mainly in the evening and when you try to fall asleep.
- You regularly need to use stimulants (like caffeine) to stay awake during the day.

Contact your provider if you think you may be at risk.